

Foundation

A QUARTERLY NEWSLETTER FROM THE STORMONT-VAIL FOUNDATION

SUMMER 2007

f o c u s

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2007 Bal Jeffrey Award

Please reserve October 11, 2007 on your calendar and plan to join Stormont-Vail Foundation Board of Trustees as we recognize Meals on Wheels of Shawnee and Jefferson Counties as the 2007 recipient of the Bal Jeffrey Award. The award, which is named for Balfour S. Jeffrey, Stormont-Vail's longest-tenured board member, recognizes individuals or groups of individuals who have made significant contributions to healthcare in northeast Kansas.

Jane Metzger, President/CEO of Meals on Wheels of Shawnee and Jefferson Counties has led the organization since 1990. Jane had this to say about being selected for this year's award: "The Meals on Wheels family is truly honored to receive the Bal Jeffrey Award. The recognition by the Stormont-Vail Foundation that nutrition plays a strong role in the health of our community is reinforcement of our mission to provide nutritionally balanced meals and related services to assist senior and disabled individuals in their ability to live independently. Thank you for this wonderful honor."

Mobile Meals of Topeka, Inc., now known as Meals on Wheels of Shawnee and Jefferson Counties, Inc., began in 1972 by the Junior League.

The purpose of Meals on Wheels is to provide one hot meal daily, to homebound individuals (primarily elderly, but some handicapped) who live in Shawnee and Jefferson Counties and who are unable to provide proper nourishment for themselves. In 2006, 163,074 meals were served.

Meals on Wheels provides one link to the continuum of care for homebound older individuals. Each week day a hot, nutritionally balanced meal tailored to meet special dietary needs is delivered to the recipients' homes. The meals are prepared by the Stormont-Vail HealthCare food service department and all meals are low sodium heart healthy meals.



Meals on Wheels volunteers who deliver meals provide a vital link to the outside world to someone who might otherwise remain isolated. Volunteers have also been known to intervene at times when a recipient was having a health related crisis.

Congregate meals are designed for persons 60 years of age and

older and their spouses. At the 16 congregate dining centers seniors receive a meal, enjoy pleasant companionship, participate in group activities and receive education on diet and exercise to assist them in remaining healthy and independent. Transportation is provided to and from the meal sites. A total of 105,336 congregate meals were served in 2006.

With only a small staff, the agency depends heavily on volunteers. Currently there are approximately 1,200 caring, community-minded individuals delivering meals. The agency is very thankful for all of their volunteers.

Mark Your Calendar Today for the 2007 Bal Jeffrey Award Dinner, October 11, 2007.

Foundation Spearheads Effort to Acquire Sophisticated Human Patient Simulator Equipment for Teaching Purposes

The Stormont-Vail Foundation recently played a pivotal role in bringing together multiple funding sources to secure sophisticated human patient simulator (HPS) equipment for use by the Baker University School of Nursing and the clinical education staff at Stormont-Vail HealthCare.

The need for this equipment was driven by the recognition that in a world of trauma and high intensity medical emergencies, it is imperative that students and patient care teams are prepared to respond quickly and efficiently. That is why the Baker University School of Nursing and Stormont-Vail HealthCare must stay on the cutting edge of technology.

The ultra sophisticated and highly versatile HPS blinks, speaks and breathes, has a heartbeat and a pulse, and accurately mirrors human responses to such procedures as CPR, intravenous medication, intubation, ventilation, and catheterization. The "METI Man" equipment optimizes emergency scenarios to expose students and patient care teams in the hospital to the most complicated and high-risk situations.

The BUSN will use the simulator to enrich student learning. The program for Nursing Curriculum Integration is being purchased and key faculty in each level will be responsible for incorporating learning using the simulator.

The METI man will help students to fully understand patient responses to medical and nursing interventions and help them to more fully anticipate patient needs as well as build assessment and critical thinking skills. Students who have the opportunity to learn using a simulator will have an edge in developing these skills. These students can practice skills repeatedly until mastery is achieved.

The majority of BUSN students are working in high intensity areas where the skill set required is particularly well supported by simulated learning. METI man offers hundreds of simulated medical emergency situations for students to gain hands-on knowledge. Students responded enthusiastically to the METI man during a demonstration in 2006.

Stormont-Vail HealthCare patient care services educators and clinical staff will use the simulator throughout the year to enhance orientation, competency testing and overall staff learning and education.

It is expected that simulation experiences with the METI man will help staff better

levels of clinical integration and excellence. SVHC is very excited about the opportunity to enhance the knowledge base and build on the educational foundation that new graduates have established.

Novice, and experienced, nurses continually need real life training on new practices and procedures. The METI man is able to recognize and respond to medical treatment and drugs once an emergency scenario is started. The METI man becomes a real "life" placed in the hands of a patient care provider that must diagnose and administer the correct treatment. Mistakes can send the METI man into cardiac arrest and result in "death," thus making any scenario, truly, life or death. This real life training provides a drama and impact never before achieved.

Upon learning of the desire to acquire this human patient simulator equipment on the part of SVHC and BUSN, Foundation President Don Schepker identified potential funding sources. Working with others in the organization, he assembled a mix of funding sources to enable the acquisition of the equipment. In a true collaborative effort, funding was provided by Christ's Hospital Corporation, a BUSN donor and the BUSN Alumni phonathon, the Stormont-Vail Foundation and Stormont-Vail HealthCare. "It was very gratifying the way the various funding sources came together in support of this identified need," said Schepker.

SVHC Vice President and Chief Nursing Officer Carol Perry and BUSN Dean Dr. Kathleen Harr are delighted to have the addition of this sophisticated new tool. The patients served by SVHC and the students trained by BUSN and the patients they ultimately serve will reap the benefit.

The majority of BUSN students are working in high intensity areas where the skill set required is particularly well supported by simulated learning. METI man offers hundreds of simulated medical emergency situations for students to gain hands-on knowledge.

understand patient responses and more fully anticipate patient needs. It is also more important than ever to be able to validate competency assessments for skills in high intensity areas such as surgery, emergency department, trauma and critical care. Additionally, team-training scenarios, often cited as an essential element in addressing patient safety concerns, offer the highest

Big Hearts *for little hearts* Golf Tournament

Make plans now to attend the 7th annual BIG HEARTS *for little hearts* Golf Tournament on Monday, September 17th at the Topeka Country Club with a Shotgun start at 12 p.m.

Thanks to more than 40 generous sponsors, including our Co-Title sponsors Hospital Assistance Program and Lockton, this year promises to be another very successful event.

Proceeds from the tournament help support important services and programs dedicated to children at Stormont-Vail

including: Neonatal IntensiveCare, Birthplace, Breastfeeding Clinic, Pediatric Unit, Child and Adolescent Behavioral Medicine Program at Stormont-Vail West and the Sexual Assault Nurse Examiner/Sexual Assault Response Team (SANE/SART) Program.

If you would like to participate either through a sponsorship or by golfing in the tournament, please contact the Foundation at (785) 354-6851. Information is also available online at www.stormontvail.org.

Foundation Funds Tai Chi Classes

It's one of the fastest-growing forms of exercise. A recent survey by the Sporting Goods Manufacturers Association shows participation in Yoga and Tai Chi has grown 136 percent since the year 2000.

The Cotton-O'Neil Cancer Center recently began offering free Tai Chi classes. The classes were appealing because of the unique way this workout can target healing. The Tai Chi classes are offered at no charge through a grant from the Stormont-Vail Foundation.

While the movements look slow and controlled, Tai Chi is one workout that does it all. Mae Lovell, RN, a certified Tai Chi instructor, says Tai Chi combines breathing, posture and the mind to relax your body while doing the movements. Lovell is conducting the Tai Chi classes at the Cancer Center.

A Tai Chi session begins with a warm-up then progresses through a series of movements. A person of any fitness level can participate according to Lovell. Tai Chi can even be done from a chair or bed, providing positive physical benefits. Cardiovascular fitness, reduced blood pressure, improved strength and muscle coordination along with better balance are just some of the benefits attributed to Tai Chi. Better balance is important because it can aid in preventing falls sometimes associated with aging and illness.

The Chinese call Tai Chi the healing art because of what it does for the mind. Lovell says anytime you become more relaxed, the body produces chemicals that help with relaxation. Our healing capacities are intensified anytime the body is more relaxed. Lovell acknowledges pairing an ancient martial art with the latest medical advances may seem odd, but she feels it's a perfect fit. Combining the latest technology with ancient practices can yield amazing benefits. Keith Olsson, director of the Stormont-Vail Oncology service line, says the classes are a great complement to other Cancer Center services.

Thank You From the *Care Line*

The Foundation would like to thank all the corporate and individual donors, along with Stormont-Vail HealthCare employees who pledged their support to the *Care Line* Endowment. The *Care Line* program was established to provide emergency medical assistance to patients who have exhausted all other resources and have nowhere else to turn.

Donations given during the 2007 *Care Line* Campaign help ensure that emergency medical needs continue to be met, offering patients the best possible opportunity for recovery and wellness. Thank you for your commitment to making a difference in the lives of patients in need and making certain that emergency medical assistance is always available to patients who need it most.

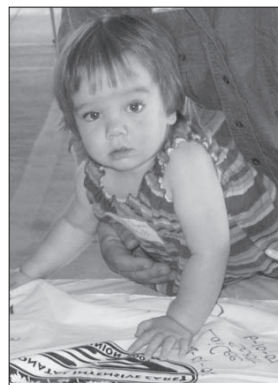
Stormont-Vail Foundation Sponsors NIC Reunion

More than 500 NIC graduates and their families attended a special celebration Sunday, June 10, 2007, to honor children who were born in the NIC during the last two decades. The Stormont-Vail HealthCare Surgery parking garage was the ideal place to hold the festivities to keep our guests cool.

The families in attendance were from Topeka and surrounding areas – one family came from Illinois, and many others came from Ft. Riley, Manhattan, Emporia and other Northeast Kansas towns. The Foundation was pleased to serve as the principal sponsor of the event.

Thank you to the many volunteers who were a big part of the reunion as they assisted with registration and the various games, served refreshments and helped in the busy photo area.

It was a fun afternoon for the NIC staff too, as they had an opportunity to visit with children and families they became close to during sometimes lengthy hospital stays. Families also had the opportunity to visit a special scrapbook area and fill out well wishes for Dr. Gierbolini's retirement.



PARENTS AND CHILDREN CELEBRATED TWO DECADES OF SERVICES FROM STORMONT-VAIL HEALTHCARE NEONATAL INTENSIVE CARE WITH FUN ACTIVITIES AND GAMES.

MORE THAN 500 NIC GRADUATES AND THEIR FAMILIES ATTENDED THE CELEBRATION.



Stormont-Vail Foundation

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www.stormontvail.org

Stormont-Vail Foundation Honor/Memorial List April 1 to June 30, 2007

The Stormont-Vail Foundation received gifts in honor or memory of the following people during the second quarter:

Carl Anderson*	Wilma Neu*
Chance Bath*	Virginia Nordstrom*
Norma Jean Bundy*	Ruth O'Brien*
Rita Burdick*	Dr. Robert O'Neil
Leota Cavender*	Dr. Kent Palmberg
George Chiles*	Judith Purdie*
Carolyn Clingan*	Mary Lucille Ramsey*
George Cunningham*	Donald Rogers*
Herman Dale*	Henry Rouse*
Darrel Desbien*	Donald Saunders*
Cheryl Elias*	David Schlup*
Jarrett Finch*	Robert Scrapper*
Marjorie Gardner*	Brian Shaffer*
Sherry Hiszczynskij*	Virginia Lee Sprang*
Penny Johnson*	Jeret Lee Tadtman*
Wilson Jones*	Mary Fran Taylor*
Helen Kyser*	Harriet "Betty" Wallace*
Michele Laird*	Carolyn Wells*
Arnold "Pete" Lemon*	Carol Williamson*
Maurice Mayo*	Alice Yarrington*
Charles McBeth*	Edna Zeller*
Dr. Richard Nabours*	

*Indicates Deceased

The Healthy Woman Series



Karyn Ruth White

Laughing in the Face of Change with Karyn Ruth White

Join Us As We Celebrate the 20th Anniversary
of the Jane C. Stormont Woman's Health Center
and the 24th Year of the Healthy Woman Series.

Thursday, October 18, 2007 • 2 and 7 p.m.
Pozez Education Center • 1505 S.W. Eighth Ave.
No charge and no reservation. Seating first-come, first served.

Sponsored by:
Stormont-Vail Foundation • Stormont-Vail HealthCare
ERC/Resource & Referral
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